



# Family Law

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YOUR EX DOES!



Roxanne Shank  
LAWYER

## Q

There is a history of Alzheimer's in my family, and I feel like I'm a ticking time bomb waiting to go off. Is there anything I can do to prevent it?

## A

In 2030, seniors will represent 23% of Canadians, so this is a question which concerns many of us. Not only quality but longevity of life, is affected by Alzheimer's- the Centers for Disease Control and Prevention [CDC] reports that it is the sixth leading cause of mortality in the USA.

My husband is fond of saying that in life, the only certainties are death and taxes. However, the quality of our lives is largely in our control- even if you have a genetic risk of Alzheimer's, recent studies (Rush University and University of California, USA and a UK study which followed 196,383 adults over six years) have demonstrated that 32-60% of individuals with risk factors can hold off dementia by following a combination of healthy lifestyle habits.

The more of these healthy habits that you adopt, the lower the risk of cognitive decline. Healthy lifestyle behaviours include:

- Regular, vigorous exercise (for 150 minutes a week or more)
- Eating brain healthy (more vegetables, beans, nuts in your diet)

- Not smoking (quit if you are)
- Be socially engaged (volunteer, join a church, community service group)
- Light to moderate alcohol consumption (max 1-2 drinks a day)
- Cognitive stimulation (e.g. learn another language or musical instrument)
- Get enough sleep and watch your overall health, especially blood pressure

With such a huge payoff in productive living, why not focus on following these healthy habits? And while you are at it, and able to do so, complete your will, powers of attorney and health directive.

Your friends at Shank Law.



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